

To avoid or not to avoid, that's the question

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To avoid or not to avoid, that's the question

The relationship between pain-related avoidance behaviour, pain-related fear, and pain reports

Christine M. van Vliet

1. The opportunity to avoid pain paradoxically increases fear (this dissertation).
2. Pain-related fear increases when previously effective avoidance behaviour becomes ineffective (this dissertation).
3. Acquired avoidance behaviour performed in the presence of a novel, ambiguous movement provokes pain expectancy and pain-related fear towards that movement (this dissertation).
4. There is a bidirectional relationship between pain-related fear and avoidance, whereby pain-related fear increases pain avoidance and, in turn, pain avoidance increases pain-related fear (this dissertation).
5. An important limiting factor of peripheral vision is crowding – the inability to identify targets in clutter that are easily identified in isolation. Detailed characterisation of target appearance changes is necessary to improve our understanding of crowding.
6. Visual expertise not only shapes human behaviour, but also influences the functional architecture of the brain by changing neural processing in the visual cortex.
7. The widespread use of powerful mobile and sensing technologies will increase the application of just-in-time adaptive interventions to change someone's behaviour.
8. Applying new technologies, like smart phone applications, which could trace the activities of chronic pain patients and help in controlling their avoidance behaviours by behavioural techniques, will improve the quality of life of chronic pain patients.
9. Bij de juiste koers is de snelheid van de zeilboot niet alleen afhankelijk van de kwaliteit van de zeilen, maar ook van de zeil kwaliteiten van de degene die zeilt.
10. Het gezegde dat blaffende honden niet bijten impliceert niet noodzakelijkerwijs dat basenji's, die van nature niet kunnen blaffen, bijten.